

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



MARCH 2013



Council on Aging Information Hotline

617 730 2777 617 730 2778

Senior Center Van

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Brookline Council on Aging

www.brooklinema.gov

Www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Come to ARTZ's "It Takes a Village" storytelling session on March 7. See p. 8.

Learn about making your home fall-safe at the COA meeting on March 13. See p. 21.

Thrill to the singing of Julio Cesar at the Russian Tea Room concert on March 14. See p. 12.

Join The Creature Teacher on March 18. See p. 3.

Join BrooklineCAN at the Senior Center on **Wednesday, April 17, at 6:00pm** for a workshop on choosing and working with a Home Improvement Contractor, and other service providers. Seating is limited. To register, 781-693-1393.

SOS RESTAURANT EVENT

Don't miss our annual Stock Our Shelves (SOS) Restaurant Event at the Senior Center on **Wednesday, March 20, from 4:00 to 6:00 pm** to support Brookline hunger initiatives: all the Brookline food programs—the Brookline Food Pantry, Meals on Wheels, and the Brookline Food Cooperative (the latter at the Senior Center). Enjoy live entertainment while you sample cuisine from a variety of ethnicities.

The *admission fee* for this event is a donation of two to three nonperishable items from the Brookline Food Pantry's special needs list: instant coffee; cup of soup/ramen noodles; mayonnaise; packets of powdered milk; tea bags; packets of cocoa; canned meats, fish, vegetables, fruit, hearty soups, and dinners; macaroni and cheese and other boxed dinners; rice; pasta/pasta sauce; hot and cold cereals; jellies and jams; cooking oil; baby food; shampoo; hand, dish, and laundry soap; toothpaste; and toilet paper *and* a donation of \$5 to the Brookline Senior Center.



Admission fee: 2-3 nonperishable's plus \$5.

Preregistration is required. For more information and to make reservations, call 617-730-2770.

Bring extra cash to the event itself as there will be many goodies raffled off—both goods and services.

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The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)
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MARCH HOLIDAYS

There are many holidays that fall in March this year—St. Patrick's Day (March 17), Passover (begins March 26), and Easter (March 31), not to mention International Women's Day (March 8) and World Kidney Day (March 14). In addition, Daylight Savings Time returns on March 10 (spring forward 1 hour) and Spring follows officially on March 20.

The best news is, of course, that there are no holidays in March on which the Senior Center closes, so it and its programs can be enjoyed Monday through Friday all month. And we can look forward to seeing some Spring colors—crocuses at the very least. Sharon and Karin tell me that the Senior Center Gardeners will begin work in earnest early in April.



Last July, Sharon had the soil in the Senior Center garden tested and found it safe and healthy.

THE CREATURE TEACHER

On **Monday, March 18**, we are in for a special treat—a visit from Richard Roth, the Creature Teacher. He will visit the Senior Center **at 1:00 pm** with some of his animal friends.

Richard Roth has lived his whole life with animals. Educated as an aquaculturist, Rick has had a diverse career with one common denominator—animals. He has been director of several small zoos and also has a great reputation as a wildlife artist. For the past five years, he has been Curator of Marine Fishes for a large corporation. With years of educational experience, Rick has determined that outreach programs are a great way to reach people from all walks of life and thus he has made these programs his passion.

This program is graciously sponsored by Brighton House Rehabilitation and Nursing Center.



Painting by Richard Roth

ST. PATRICK'S DAY CONCERT

Enjoy a St. Patrick's Day concert on **Wednesday, March 13, at 2:00 pm** featuring singer Michael Finnerty, accompanied by Senior Chorus leader Zora Shaw. Since everyone is Irish on St. Patrick's Day, everyone is invited.



Come and hear Irish songs, and then enjoy Irish refreshments.

BROOKLINE MUSIC SCHOOL CONCERT

This month's Brookline Music School concert is on **Wednesday, March 6, at 1:00 pm** at the Senior Center. Featured will be Brookline Music School faculty pianist Karine Bagdasarian.

Ms. Bagdasarian holds BM and MM degrees from Yerevan's Tchaikovsky Music School and Komitas Conservatory. She also has Postgraduate and Artist Diplomas from the St. Petersburg Conservatory in Russia. Until 1995, she was an Associate Professor of Piano Performance at Yerevan State Conservatory. Ms. Bagdasarian has participated in numerous festivals and has given frequent live performances on National TV in Armenia.

This series is cosponsored by the Brookline Music School and the Brookline Senior Center.



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Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the **first Thursday of each month**—this month that means **March 7—at 11:00 am** to help you with your health questions. For more information, call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, March 4 and April 1 and 29, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.



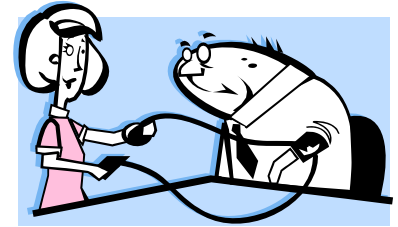
Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, March 20 at 1:00 pm** at the Senior Center.

Blood Pressure Screening

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, March 21, from 9:00-10:00 am**, and she will also provide blood pressure screenings:

- On **Wednesday, March 6**, at the BPHD bldg at 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, March 13**, at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**

- On **Wednesday, March 27**, at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**



And Megan Cheung, nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, March 25**, during the Chinese programs—**from 2:30 to 3:30 pm**.

National Public Health Week is April 1 through 7. Since 1995, when the first full week of April was declared National Public Health Week (NPHW), communities across the United States have observed it as a time to recognize the contributions of public health and to highlight issues that are important to improving our nation. Each year, NPHW focuses its effort on a different theme, and this year's theme is "Public Health is (ROI) "Return on Investment): Save Lives, Save Money." This theme was developed to highlight the value of prevention and the importance of well-supported public health systems in preventing disease, saving lives, and curbing health-care spending.

BPHD has many events planned. Events of particular interest to seniors are listed on p. 10.

Who knew there could be so much heart in health care?

ASK A GERIATRICIAN

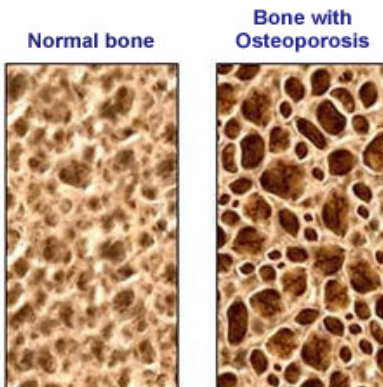
Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center, answers your general questions about aging and geriatric medicine in this column every month.

(Editor's note: If you have questions, e-mail them to me at jgimple@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them

Introduction: With so much ice and snow on the ground, it is inevitable that some of us will take a fall, no matter how careful we are. While we may not be able to avoid all falls, we can try to make our bones stronger so they don't fracture (break).

Discussion: Under the microscope, bone looks like a honeycomb. As we age, our bones become less bone and more space, making them more fragile. A little bone loss is called *osteopenia*, and severe bone loss is called *osteoporosis*. This happens more in thin older women who have a family history, but it can happen to anyone. Some things make it worse, such as smoking, being inactive, certain medicines (such as steroids, either by pills or nose spray), and low calcium and Vitamin D intake.

To prevent bone weakening, most people should take 1000 mg of calcium *and* 1000 IU of Vitamin D3 daily. Calcium is best absorbed through foods such as milk and yogurt. You can add up the amount of calcium in food by read-



ing the nutrition label. If it says "Calcium 40%"), just add a zero to the 40 and you get 400 mg of calcium. The easiest form of Vitamin D is to take a Vitamin D pill 800-1000 IU. In addition, bones get stronger with *pounding* exercise, such as walking, dancing, and weight lifting.

It is important to know if you have osteoporosis, because there are things you can do to treat it. Your doctor can order a bone density scan, a very simple X-ray test that can determine how strong your bones are. If it shows osteoporosis, there are pills that can be taken weekly or monthly or in intravenous infusion that you need to take only once a year. While many people are concerned about side effects, these medicines are very effective in decreasing the chances of a broken bone.

This is truly a condition where *an ounce of prevention* is critically important, so drink milk, eat yogurt (all of which can be found lactose-free), take Vitamin D, and keep moving!

[Editor's note: See also *COA Meeting* on p. 21.]

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

BETS (Brookline Elder Taxi System), the taxi discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount (\$25 a month yields \$50 worth of cab rides as each coupon book has 10 coupons each worth \$1 and a book costs \$5.). The program is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you are applying for the first time, or being recertified, bring your 2012 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$47,150; a couple's, \$53,900. (Note that these income limits have changed for 2013.)

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law:** If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash.

BLAB The Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center to consult with legal expertise on matters of law as well as information and referrals on **Wednesday, March 6, from 9:00 am to 12:00 noon**. This service is offered free of charge, and no appointment is needed.

A **FILE OF LIFE** provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

HELP The Home and Escort Linkage Program finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

JOBS (Job Opportunities for Brookline Seniors) is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 7 for more Medicare and SHINE information.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number—800-772-1213.

CAN YOU ENROLL IN A MEDIGAP PLAN NOW?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, aka a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans—Core and Supplement 1. The Core plan covers some of the *gaps* in Medicare. The Supplement 1 plan covers all deductibles, co-pays, and coinsurance for Medicare-covered services. These two types of plans are offered by seven insurance companies.

In 2013, the lowest premium for a Core plan

is \$96.38/month and for a Supplement 1 plan is \$182.00/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

To learn more about Medigap plans, contact a trained SHINE (Serving Health Information Needs of Elders) volunteers! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 617-730-2777 and ask for a SHINE appointment. You can also get a SHINE appointment by calling 1-800-243-4636, then pressing or saying 3. Once you get the SHINE answering machine, leave your name and number, and a volunteer will call you back, as soon as possible.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease.

The Afternoon group meets next on **Friday, March 8**. Call group leader Elaine Yanowitz at

617-730-2751 for additional information.

The evening group will meet on **Thursday, March 28**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

PARKINSON SUPPORT GROUP

Our Parkinson Support Group on **Friday, March 1, from 1:00 to 2:30 pm** at the Senior Center will feature Timothy D. Fensky, RPh, Director of Operations at Sullivan's Pharmacy Medical Supply, Inc. and his associates, who will supply the group with information common side-effects of Parkinson's disease medications, questions consumers can ask pharmacists, and adjunct therapies available from pharmacies.

This program is cosponsored by the Senior Center and the American Parkinson Disease Association. All are wel-



come to attend. For more information, contact Vanessa Blais at 617-638-7729 or vblais@bu.edu.

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AT THE GALLERY



*Reception
Friday, March 15
from 6:30 to 8:00pm*

*The Senior Center cordially invites you to an exhibit of
Photographs by Alan Bloom
and*

Drawings by Jessica Bloom (1943-2012)

Monday, March 4 to Friday, May 31

*Monday through Friday
from 8:30 am to 5:00 pm*



Note: The West African Research Association will have a closing reception
from 6:30 to 8:30 pm on Friday, March 1.

ARTZ FOR ALZHEIMER'S

The two free ARTZ programs coming up in March are both grant-subsidized by the Brookline Community Foundation, the Massachusetts Cultural Council, and the I'm Still Here Foundation. *Meet Me at the Coolidge* is also funded by the Coolidge Corner Theatre Foundation, the Llewellyn Foundation, and the Jane B. Cook 1992 Charitable Trust. RSVP to Dee Brenner at 978-985-4427 or Brenner@artzals.org for both programs.

On **Thursday, March 7**, come to the Senior Center for a **storytelling** session **from 10:30 to 11:45 am** that is part of *It Takes a Village*. This interactive storytelling workshop is designed for peo-

ple with dementia and their care partners. Local artist, Dr. Alan O'Hare, will lead the workshop.

Meet Me at the Coolidge & Make Memories is also free and done in collaboration with and at the Coolidge Corner Theatre on **Thursday, March 14, from 10:00 am to 12:00 noon**. Classic film clips, interspersed with audience discussion and reminiscence, help bring about increased feelings of self-esteem, social involvement, and well-being. Free parking is available behind the theater and popcorn and soda will be served.

Reserve your place today.
Seats are filling up.

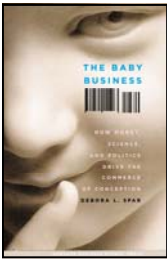
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PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Come to the Senior Center **one Tuesday every month from 9:00 to 10:00 am** to participate in this group centered on public issues, history, current events, and other nonfiction topics. Tom Faulhaber facilitates. The Coolidge Corner Branch Library will have copies of the books available several weeks before each meeting.

March 19



The Baby Business: How Money, Science, and Politics Drive the Commerce of Conception by Debora L. Spar (Harvard Business School Press)

April 23

Aftershock: The Next Economy and America's Future by Robert B. Reich (Alfred A. Knopf, Inc.)

PUTTERHAM

BOOK DISCUSSION GROUP

This group, led by Jean Kramer and Charlotte Millman, will meet on **Monday, March 18, from 2:00 to 3:00 pm** at the Putterham branch Public Library. Springhouse is sponsoring refreshments.



The book—*Wolf Hall: A Novel* by Hilary Mantel—is set in England, in the 1520s. Henry VIII is on the throne, but has no heir. Cardinal Wolsey is his chief advisor, charged with securing the divorce the pope refuses to grant. Into this atmosphere of distrust and need comes Thomas Cromwell, first as Wolsey's clerk and later his successor. Cromwell is a wholly original man: the son of a brutal blacksmith, a political genius, a briber, a charmer, a bully, a man with a delicate and deadly expertise in manipulating people and events. Ruthless in pursuit of his own interests, he is as ambitious in his politics as he is for himself. His reforming agenda is carried out in the grip of a self-interested parliament and a king who wavers between romantic passion and murderous rage.

Wolf Hall is that very rare thing: a truly great English novel, one that explores the intersection of individual psychology and wider politics. It peels back history to show us Tudor England as a half-made society, molding itself with passion, suffering, and courage.

(summary adapted from Amazon.com)



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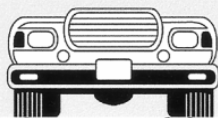
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—SAVE THE DATE—

EASY TRAVEL

This program is on vacation in March. However, mark your calendars for **Thursday, April 4, at 1:30 pm** to spend “April in Paris” with Alice Fastov. Visit the City of Love at its most romantic. Stroll down the streets after the sweet Spring rains have perfumed them. Drink a latté at a corner café, and watch the people go by. Shop—you don’t have to buy, just enjoy the enticing fashions in this most fashionable of cities.

VOLUNTEER APPRECIATION LUNCHEON

We will honor our volunteers during National Volunteer Appreciation Week with a luncheon on **Wednesday, April 10, at 12:30 pm**. This luncheon is by invitation to our volunteers without whom the Senior Center could not function. It is you who keep the Senior Center buzzing and hopping, who make our programs vibrant and alive, who do all the things that make the place great. You are seniors and others in the community without whom we might well have to close up and slink into the mist.

Look for your invitations in the mail in the latter half of March, but mark your calendars now.

NATIONAL PUBLIC HEALTH WEEK

As part of National Public Health Week (April 1 to 7) these activities have already been scheduled by the Brookline Public Health Department (BPHD).

Do I Need a Geriatrician?

On **Tuesday, April 2, at 1:00 pm**, Robert Schreiber, MD, Medical Director of Outpatient Primary Care, Community-Based Programs at Hebrew Senior Life, will present “*What is a Geriatrician? Why Do I Need One?*” at the Senior Center. This medical specialty is increasing in importance as the population ages and as the aging population lives longer

Smoke Free Housing/Condo Workshop

On **Thursday April 4**, the BPHD will offer a free workshop (**repeated several times throughout the day**) addressing making residential rental properties or condominium buildings in Brookline smoke-free. The workshop is open to landlords, property managers, condo trustees, and other interested parties. For information, contact Wesley Chin at 617-730-2333 or wchin@brooklinema.gov.

Town Hall meets Health and Wellness

On **Saturday, April 6**, Brookline seniors have a chance to meet health, wellness, meditation, and movement practitioners and teachers located in Brookline Village at the first annual “Wellness in the Village.” The event, which will include talks and demonstrations, takes place at Town Hall at 333 Washington Street, from 1:30 to 4:00 pm. The event is free and open to the public.

A more complete list of National Public Health Week events will appear in the April edition of the *Senior News and Events*. For more information and answers to your questions, contact Lynne Karsten at 617-730-2336 or at lkarsten@brooklinema.gov.

Boston University - Charles River Campus
Institutional Review Board
Approved: 10/25/2017 - 07/18/2018

**BOSTON
UNIVERSITY**

DO YOU WANT TO PARTICIPATE IN RESEARCH?

Researchers at Boston University are currently seeking volunteers to participate in our studies who are:

- Age 4-100 with no history of voice, speech, hearing, swallowing, or upper extremity disorder and no history of neurological disease or stroke
- Adults 18-100 years who have Parkinson's Disease
- Adults 18-100 years who have suffered a stroke and are currently experiencing swallowing problems

Participants will be asked to come in for 1 – 10 sessions no longer than 3 hours and will be compensated \$10/hr.

Please email
stepplab@gmail.com or call 617-358-1395

BROOKLINE RECREATION—ADULT EXCURSIONS

Boston Flower and Garden Show

Friday, March 15, 11:30 am to 5:00 pm

A burst of color: Celebrating the container garden.
Spend the afternoon at this magnificent show. It is Boston's biggest horticultural event at the Seaport World Trade Center. Admission to the show and round trip transportation are included in the cost.

Cost: Residents-\$24, nonresidents-\$33.

Mount Auburn Cemetery

Tuesday, April 30, 9:30 am to 3:00 pm

This is a garden cemetery in Cambridge famous for the number of notable people buried here and the architectural and landscaping marvels. It is a National Historic Landmark, a botanical garden, an outdoor museum of art and architecture, and an important habitat for urban wildlife. Following the tour of the cemetery, you can buy a meal at the Deluxe Town Diner.

Cost: Residents-\$15, nonresidents-\$21



Pick ups and drop offs will be at the Soule Recreation Center and the Senior Center. Additional pick up locations may be arranged. Please inquire by calling Elizabeth Gugliotti at 617-730-2082. Register online at www.brooklinerec.com.

FRENCH CONVERSATION

Enjoy a relaxed and friendly conversation in French while you hone your language skills **every Tuesday in March at 12:00 noon**. The group is led by Agnes Serenyi.

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



SPANISH IMMERSION

Spanish Immersion in Brookline offers six different kinds of immersion in Latino language and culture—all at the Senior Center:

1. There are one-hour one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes on **Thursday afternoons from 1:15 to 2:15 pm**, with small groups in a relaxed, friendly atmosphere. Next session begins on March 14.
3. 10-week Intermediate level Spanish classes on **Thursdays from 12:00 noon to 1:00 pm**. Next session begins on March 14.
4. Spanish conversation small group meetings on **Thursday afternoons from 2:30 to 3:30 pm**, with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:45 pm** with instructor Eduardo Rojas.
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs, contact program coordinator Giovanna Tapia at 617-953-7016. These programs are cosponsored by the Brookline Senior Center and JPC: Spanish Immersion Jamaica Plain.



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RUSSIAN TEA ROOM CONCERT

The Russian Tea Room invites everyone to a very special concert on **Thursday, March 14, at 1:30 pm** at the Senior Center. The featured artist is highly gifted singer Julio Cesar with a program of beautiful and romantic songs from Italy, Spain, the United States, and South America. And we are pleased to announce that Mr. Cesar will be accompanied on the piano by Genia Bonderman.

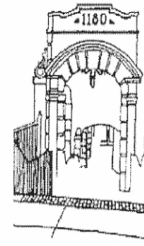
SOUTH BROOKLINE SENIOR SOCIAL HOUR

This group will *not* meet March. For information about the group, call Regina Millette Frawley at 617-469-0052.



LOSS AND BEREAVEMENT GROUP

If you have lost a loved one and are having trouble coping with your grief or sadness and are a Brookline resident of 60+ years of age, join this group at the Senior Center. The group meets on **Tuesdays, March 5, 12, 19, and 26 and April 2, from 3-4:30 p.m.** (Note that the March 26 and April 2 dates might change because of the holiday.) Preregistration is required. Call Julie Bullion or Delisa Vieira at 617-730-2772 for more information.



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FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

Henry Van Dyke (1852–1933), Fisherman's Luck (1899)

March, despite claiming to have the first day of spring, has some of the bleakest weather, and during the month, some of us get the winter blues. We at the Senior Center are here to help make the days go by warmly and enjoyably with lots of wonderful programs and activities. Certainly, coming through our doors is the perfect antidote to mud, gray days, and wind. Stop by today.

I want to thank everyone who has so far responded to our Annual Appeal with sent us a check. I know that things are economically tough for many, so I doubly appreciate your gifts. Everyone needs to be aware that donations support the van, equipment, and our food expenses.

Please keep sending in your donations. Our goal is to raise at least \$25,000 by the end of our fiscal year on June 30, 2013. Be as generous as you possibly can.

Keep the letters coming! A letter from out of state last month said: "You are probably wondering why I am subscribing to your publication! I enjoy reading the movie reviews and your other news. You are doing an excellent job in your organization. It appears you enjoy some fun trips, go to the theater, and offer art classes." I enjoy hearing from all of you, and

yes, I even read and try to resolve your complaints.

Please help those who are going hungry this winter by coming to the SOS (Stock our Shelves) Event on March 20 from 4:00 to 6:00 pm. Delectable samples from local restaurants plus wine tasting and live jazz will entertain you all for the price of \$5 and 5 cans of food – all for our Food Programs (see p. 1).

Remember that no senior should be hungry in Brookline. We have the SNAP (food stamps) program (see p. 6), hot lunches at the Senior Center (see pp. 16-17), Brookline Co-op's weekly bread and produce programs, and Brookline Food pantry. Ample nourishment abounds ensuring sound nutrition.

At the COA and the Senior Center, we are fortunate to have a dedicated staff who go beyond their normal duties to make the world a better place. March is Social Work Month, and this year's theme is that social workers inspire community action to improve lives. I want to acknowledge the important work of our social workers. We have social work interns, professional staff, and retired social worker volunteers—each contributes to Brookline's strong sense of community. When you see one of our social work staff, please thank them.

Buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. And remember to bring a donation to the Food Pantry when you visit this month.

—Ruthann Dobek, Director

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TRANSPORTATION

The promise of Spring that is March reminds us that we are approaching the season of greatest elder mobility. And it seems very appropriate that we pay special attention in the March newsletter to elder transportation and news thereof.



BrooklineCAN, in partnership with Brookline Adult and Community Education (BA&CE), are cosponsoring:

Aging Behind the Wheel: Considerations for Older Drivers and Their Families

Dr. Angela Catic, Academic Geriatrician

**Wednesday, March 13, from 6:00 to 7:30 pm
(with hors d'oeuvres from 5:30 to 6:00 pm)**

Goddard House in Brookline. Cost: Free, but preregistration is required. (Call Bridie Johnson at 617-731-8500, ext. 113). Course code: X270.



As people age, there is often increasing concern from elders, families, and health-care providers about the ability to continue driving. Dr. Catic will explore the physician's role in determining patient's ability to continue driving and discuss various assessment tools. Then there will be a panel discussion with an elder who has stopped driving and/or a family member of an elder who has

stopped driving and a local geriatrician will share their experiences.



And the Council on Aging (COA) and BrooklineCAN are convening an open meeting on **Wednesday, March 13 at 3:00 pm** at the Senior Center to consider a proposal for **extended on-street parking** near the Senior Center. A number of Seniors have asked for on-street parking near the Senior Center beyond Brookline's limit of 2 hours. Through a recent transportation study, the COA and BrooklineCAN found several streets north and west of the Center on which there tend to be vacant spaces during the periods of intense use by people coming to the Senior Center. The COA and BrooklineCAN are considering a request to the Transportation Board for a sticker program to permit seniors to park on those *outlying* streets for extended periods on weekday mornings and afternoons.

One major question is whether those who want extended parking would be willing to walk to those locations. Advocates for extended on-street parking will face neighborhood opposition. A major purpose of the meeting will be to determine whether there is enough interest among those who drive to the Senior Center to make it worthwhile to advocate for an extended parking program.

Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.
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ELDERBUS SCHEDULE

Periodically we print the current Elderbus schedule in the Senior News and Events for the convenience of our readers. The Elderbus runs Monday through Friday. All times are approximate due to traffic. A suggested donation of \$0.50 is requested. This bus is sponsored by the Brookline Council on Aging (617-730-2777).

	Schedule				
Stops					Drop-off only
Senior Center	9:00	10:30	12:30	2:00	3:30
112 Centre Street, 100 Centre Street, Corner of Beacon and Centre Streets	9:03	10:33	12:33	2:03	Drop-off Only
1550 Beacon Street, Star Market on Beacon Street	9:10	10:40	12:40	2:10	Drop-off Only
61 Park Street, Town Hall Main Library	9:20	10:50	12:50	2:20	Drop-off Only
99 Kent Street Lynch Center Brookline Place	9:30	11:00	1:00	2:30	Drop-off Only
Brookline Village Walnut Street (Rear Fire Station)	9:35	11:05	1:05	2:35	
Stop & Shop, Harvard & Beacon	9:45	11:15	1:15	2:45	
90 Longwood Ave.	9:55	11:25	1:25	2:55	
Longwood Medical, Beth Israel Deaconess Medical Center		BY	REQUEST	ONLY	
Beacon & Powell Sts Amory & Egmont Sts Egmont & Pleasant Sts	10:10	11:40	1:40	3:10	
50 Pleasant Street, Harvard & Fuller Streets	10:15	11:45	1:45	3:15	

Springwell Nutrition Program

MARCH 2013

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<ul style="list-style-type: none"> • ***Higher Sodium Content • Menu subject to change • \$1.75 suggested donation <p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. ALL SOUPS COME WITH CRACKERS. LOW SUGAR DESSERTS ARE AVAILABLE, AND NEED TO BE ORDERED WITH THE SITE MANAGER.</p>		
<p>4) Escarole & Bean Soup HOT Chicken Broccoli Divan, Brown Rice Pilaf, Butternut Squash, Italian Bread</p> <p>COLD Turkey w/Swiss Cheese Lettuce Leaf & Lite Mayo, Purple Cabbage Cole Slaw, Orzo Vegetable Salad, Wheat Bread</p> <p>Fresh Fruit</p>	<p>5) Vegetable Consommé w/Rice HOT BBQ Boneless Ribs, Peas, Coleslaw, Oat Bread</p> <p>COLD Breaded Chicken Breast, Lettuce, Tomato, Mayo, Summer Potato Salad, Spinach & Mandarin Salad, Hamburger Roll</p> <p>Mandarin Oranges</p>	<p>6) Orzo Vegetable Soup HOT Turkey Tetrizzini, Collard Greens, Garlic Herb Roll</p> <p>COLD Tuna Salad, Lettuce Leaf, Three-Bean Salad, Caesar Salad, Lite Italian Dressing, Rye Bread</p> <p>Butterscotch Pudding</p>
<p>11) Escarole Bean Soup HOT Cheese Lasagna Roll Up w/Meatball & Tomato Sauce, Riviera Blend Vegetables, Wheat Bread</p> <p>COLD Roast Beef w/Provolone Cheese Lite Mayo & Lettuce Leaf, German Potato Salad, Cucumber Tomato Salad, Rye Bread</p> <p>Pears</p>	<p>12) Cream of Sweet Potato Soup HOT Meatloaf w/Mushroom Gravy, Mashed Potatoes, Zucchini & Tomato Sauté, Multigrain Bread</p> <p>COLD Chicken Salad, Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Oat Bread</p> <p>Peaches</p>	<p>13) Vegetable Soup HOT Chicken a la King, Buttered Noodles, Italian Green Beans, Wheat Roll</p> <p>COLD Egg Salad, Lettuce Leaf, Orzo Vegetable Salad, Red Pepper & Tomato Salad, Multigrain Bread</p> <p>Apple Cinnamon Muffin</p>
<p>18) Split Pea Soup HOT Pot Roast w/Mushroom Gravy, Baked Potato w/Sour Cream, Brussels Sprouts, Whole Wheat Roll</p> <p>COLD ***Ham w/Swiss Cheese, Lite Mayo, Greek Pasta Salad, Tomato Pepper Salad, Multigrain Bread</p> <p>Vanilla Pudding</p>	<p>19) <u>Birthday Lunch</u> Mushroom Barley Soup HOT Green Chicken, Lemon-Olive Rice, Roasted Root Vegetables, Oat Bread</p> <p>COLD Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Potato Salad, Bulkie Roll</p> <p>Fresh Fruit</p>	<p>20) HOT ***Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll, Ketchup, Mustard, Relish</p> <p>COLD Egg Salad, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad, Lite Dressing, Multigrain Bread</p> <p>Peaches</p>
<p>25) Cream of Sweet Potato Soup HOT Roast Turkey w/Gravy, Cranberry Sauce, Peas & Onions, Butternut Squash, Oat Bread</p> <p>COLD Breaded Chicken Breast Filet, Lettuce Leaf, Lite Mayo, Cole Slaw, Pasta Salad w/Cheese, Hamburger Roll</p> <p>Chef's Choice Dessert</p>	<p>26) Split Pea Soup HOT Bone-In Chicken w/Gravy, Apple Raisin Bread Stuffing, Spinach & Mushrooms, Multigrain Bread</p> <p>COLD Roast Beef w/Provolone Cheese, Lite Mayo, Summer Potato Salad, Tomato Red Pepper Salad, Rye Bread</p> <p>Tropical Mixed Fruit</p>	<p>27) Cream of Butternut Squash Soup HOT Roast Pork w/Cinnamon Apple Glaze, Baked Potato & Sour Cream, Green Beans, Pumpernickel Bread</p> <p>COLD Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Riviera Salad, Macaroni Salad, Wheat Bread</p> <p>Fresh Fruit</p>



LUNCHEON SPECIALS FOR MARCH

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations. Lunch is served at 12 noon unless otherwise noted.

On **Thursday, March 14**, we celebrate *St. Patrick's Day* with a *special lunch* complete with corned beef (stew) and cabbage and boiled potatoes. Bring your own rainbow (and its pot-o-gold, too)!

On **Tuesday, March 19**, celebrate *March birthdays* at the Birthday Lunch. And when you call to make reservations, don't forget to tell us if you or someone in your party has a March birthday.

On **March 26**, the *Let's Go Out to Lunch* bunch dines at 12 noon at Buddha C Asian Bistro Restaurant at 1223 Beacon Street.



THURSDAY	FRIDAY
<p>Reservations must be made by 11:00 am the weekday before the day on which you want to eat.</p> <p>Note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts. These rules, which come from the Massachusetts executive Office of Elder Affairs, are for your safety and well-being. If you have questions, call Springwell at 617-826-4100.</p>	<p>HOT Veggie Burger, American Cheese, Hamburger Roll, Ketchup, Broccoli & Cauliflower Marinara, Red Bliss Potatoes</p> <p>COLD Egg Salad, Lettuce Leaf, Riviera Salad, English Pea Salad, Pumpernickel Bread</p> <p>Ice Cream Cup</p>
<p>7) Minestrone Soup HOT Tortellini w/Tomato Sauce, Italian Style Blend Vegetables, Rye Bread</p> <p>COLD Chef Salad w/ Ham, Cheese, & Boiled Egg, Lite Italian Dressing, German Potato Salad, Scali Bread</p> <p>Mixed Fruit</p>	<p>8) Mushroom Barley Soup HOT Vegetable Cheese Quiche, Spinach, Whipped Potatoes, Pumpernickel Bread</p> <p>COLD Seafood Salad, Lettuce Leaf, Macaroni Salad, Tossed Garden Salad w/Dressing, Wheat Bread</p> <p>Chocolate Chip Cookie</p>
<p>14) St. Patrick's Day Special HOT ***Corned Beef Stew w/Cabbage, Turnip, Sliced Carrots & Onions, Boiled Potatoes w/Parsley, Golden Biscuit</p> <p>COLD Seafood Salad, Lettuce Leaf, English Pea Salad, Beet Salad, Wheat Bread</p> <p>Mint Green Pudding w/Topping</p>	<p>15) Seafood Chowder HOT Breaded Fish Sticks w/Lemon Butter Sauce & Tartar Sauce, Potatoes w/ Cream Sauce, Carrots, Rye Bread</p> <p>COLD Vegetarian Chef Salad w/Chickpeas, Cheese, & Egg, Lite Italian Dressing, Corn Salad, Scali Bread</p> <p>Fresh Fruit</p>
<p>21) Clam Chowder HOT Baked Fish w/Crumb Topping, Whipped Sweet Potato, Broccoli & Cauliflower, Wheat Bread</p> <p>COLD Roast Beef w/Provolone Cheese, Lettuce Leaf, Lite Mayo, English Pea Salad, Carrot Pineapple Salad, Oat Bread</p> <p>Chocolate Cake w/Frosting</p>	<p>22) Minestrone Soup</p> <p>Pizza Marinara Sauce on side Tossed Garden Salad Lite Italian Dressing</p> <p>Applesauce</p>
<p>28) Beef Consommé w/Vegetables HOT Stuffed Pepper w/Tomato Sauce, Creamy Parmesan Polenta, Zucchini, Wheat Bread</p> <p>COLD Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll</p> <p>Peaches</p>	<p>29) HOT Lentil Stew, Carrots, Corn Bread</p> <p>COLD Tuna Salad, Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, Three Bean Salad, Pumpernickel Bread</p> <p>Chocolate Pudding</p>

MARCH AT A GLANCE*

Friday, March 1

9:30-11:30 am Intermediate Computer Basics for Seniors**
 1-2:30 pm Parkinson Support Group
 2-3 pm Tai Chi for Seniors**
 3:30 pm Modern Dance and Movement
 6:30-8:30 pm West African Research Association art show closing reception

Monday, March 4

8:30 am-5:00 pm New gallery show opens—photographs by Alan Bloom and drawings by Jessica Bloom (continues through May 31)
 8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
 9 am-12 noon Podiatrist***
 10 am-12:30 pm Introduction to Watercolor**
 10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
 11:15 am-1 pm Tax Exemption info
 1-3 The Bible as Literature: The Book of Exodus**

Tuesday, March 5

1 pm Movie for Film Lovers—*The Hedgehog*

Wednesday, March 6

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
 9 am-12 noon BLAB lawyer
 10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
 1 pm Brookline Music School Concert (Karine Bagdasarian, pianist)
 2-3 pm Blood pressure screening with Barbara Westley, nurse from Brookline Public Health Department (BPHD) at BPHD building*

Thursday, March 7

9:30-11:30 am Drawing for Pleasure—drawing and watercolor***
 9:30-11:45 am Drawing for Pleasure—figure drawing
 10:30-11:45 am ARTZ for Alzheimer's "It Takes a Village" storytelling
 11 am Ask a Nurse
 1:30-2:30 pm Zumba
 3:30-4:30 pm My Life, My Health introductory meeting at Goddard House* & ***

Friday, March 8

2-3 pm Tai Chi for Seniors**
 3:30 pm Modern Dance and Movement
 Afternoon Alzheimer's Caregivers Support Group—call for time

Sunday, March 10

Daylight savings time returns. Spring forward 1 hr.
 2 pm Senior Center Theater Club excursion to *The Glass Menagerie at the American Rep in Cambridge** & ***

Monday, March 11

10 am-12:30 pm Introduction to Watercolor**
 11:15 am-1 pm Tax Exemption information
 1:30 pm Norfolk County Register of Deeds William P.O'Donnell and associates

Tuesday, March 12

1 pm Movie for Film Lovers—*The Way We Were*

Wednesday, March 13

1-2 pm Blood pressure screening with Barbara Westley, nurse from BPHD at Sussman House*
 1 pm COA meeting—Stacey Greenspan speaking on fall prevention in the home
 2 pm St. Patrick's Day Concert (Michael Finnerty, singer, with Zora Shaw accompanying)
 3 pm Meeting on extended on-street parking near the Senior Center
 5:30-7:30 pm Aging Behind the Wheel at Goddard House* & **

Thursday, March 14

10 am-12 noon Meet Me at the Coolidge* & ***
 12 noon St. Patrick's Day special lunch
 12:00 noon-1 pm Intermediate Spanish Class***
 12:30 pm Springwell Nutrition Talk
 1:15-2:15 pm Beginning Spanish Class***
 1:30 pm Russian Tea Room concert (Julio Cesar, singer, with Genio Bonderman accompanying)

Friday, March 15

11:30 am-5 pm Brookline Rec excursion to the Boston Flower and Garden Show*
 3:30 pm Lynn Modell's High School Choreography Class performance at Brookline High School*

Sunday, March 17

3 pm Senior Center Theater Club excursion to Symphony Hall concert* & ***

Monday, March 18

1 pm The Creature Teacher
 2-3 pm Putterham Book Discussion Group—*Wolf Hall* by Hilary Mantel*

Tuesday, March 19

9-10 am Public Issues Nonfiction Book Discussion Group—*The Baby Business* by Debora L. Spar
 11:30 am-2 pm My Life, My Health at Goddard House* & ***
 12 noon March Birthday Lunch***
 1 pm Movie for Film Lovers—*Margaret*

Wednesday, March 20

1 pm Low Vision Group
 1:30 pm Modern Beading Workshop
 4-6 pm SOS Restaurant Event

Thursday, March 21

9-10 am Blood pressure screening with Barbara Westley, nurse from BPHD
 12:00 noon-1 pm Intermediate Spanish Class***
 1 pm Mass College of Pharmacy Workshop
 1:15-2:15 pm Beginning Spanish Class***
 1:30 pm Zumba free introductory class
 3 pm LGBT movie—*Trembling Before G_d*

Friday, March 22

3:30 pm Modern Dance and Movement

Monday, March 25

10 am-12:30 pm Introduction to Watercolor**

2:30-3:30 pm Blood Pressure Screening with Megan
Cheung, nurse from Greater Boston Chinese
Golden Age Center**Tuesday, March 26**11:30 am-2 pm My Life, My Health at Goddard
House* & ***12 noon Let's Go Out to Lunch group dines at
Buddha C Asian Bistro* & ***1 pm Movie for Film Lovers—*MTT on Music*

2-3 pm Yoga for Older Adults (Chair class)**

3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, March 27

10:15-11:45 am Telling Your Story**

1-2 pm Blood pressure screening with Barbara
Westley, nurse from BPHD at O'Shea House*

1-3 pm MBTA Senior Access Pass Event

Thursday, March 28

10:30-11:30 am Arthritis Exercise Class

12:00 noon-1 pm Intermediate Spanish Class***

1:15-2:15 pm Beginning Spanish Class***

1:30-2:30 Zumba regular class

Evening Alzheimer's Caregivers Support Group—
call for time**Friday, March 29**

2-3 pm Tai Chi for Seniors**

3:30 pm Modern Dance and Movement

** All events are at the Senior Center unless otherwise noted
above.**** This is a Brookline Adult and Community Education (BA&CE)
course so registration with them is required. Call 617-730-2700
or go to www.brooklineadulted.org to register.*****Registration, appointments, or reservations required.***ONGOING SENIOR CENTER
EVENTS****Monday**

9-11 am One-on-One Computer Sessions***

9:30 am-4:30 pm Fitness Center open—membership
required

12 noon-4 pm BETS

12:30 pm Chinese programs

1 pm Mah Jongg/Scrabble

2-4 pm Open computer lab

Tuesday

Income Tax Preparation—appointment required

9:30-4:30 Fitness Center open—membership required

10 am Flexibility, Resistance Training, and Balance
Exercise

10:15 am Brookline Bees, Quilters

12 noon French Conversation

12 noon-4 pm BETS

1 pm Bingo

1 pm Movies for Film Lovers

1-3:30 pm Food distribution (hours are approximate)

2-3 pm ESL Conversation Group***

2-3 pm Exercises for Health and Rejuvenation

3-4:30 pm Loss and Bereavement Group***

3-4:30 pm Latino Instrumental and Vocal Music sessions

Wednesday

9-10 am Living Our Values

9:30 am Bowling at Ron's Bowling Alley in Hyde Park

9:30-4:30 Fitness Center open—membership required

10:30 am Retired Men's Club

12 noon-4 pm BETS

12:30 pm Bridge

12:30-3 pm Reiki Therapy***

2-4 pm Open Computer Lab

Thursday

9:30-4:30 Fitness Center open—membership required

10:30 am and 1:30 pm Knit and Crochet

1:30 pm Russian Tea Room—For more information, call
Rita Kropp at 617-730-2106.

2:30-3:30 pm Spanish Conversation Group***

Friday

9 am Bridge

10 am Solemates, Walking Group

10 am Project Volunteer

10am-3 pm Fitness Center open—membership required

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

12:30-2 pm Basic Computer Class in Spanish***

1-2 pm Meditation in Movement

A Dirge by Lila Scholtz

Flowers—pink, white, yellow, green

Prettier than I've ever seen.

I'll know so many people there.

Well they remember me? Will they stare?

not yet . . .

Days will be bright.

There'll be no night.

The air will be clear,

And the clouds disappear.

not yet . . .

Will I know when?

Will IU want to go then?

I want to say "wait,"

But **you** set the date.

not yet . . .

please not yet . . .

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At Brookline Health Care Center, our mission is to promote optimal recovery of independence to enable a smooth and safe transition to home. Our sub-acute rehabilitation program provides comprehensive programming seven days a week.

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- Social Workers
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- Complete upper extremity rehabilitation, including hand-based injuries
- Splinting and positioning
- Cognitive therapy
- Training in/recommendations for adaptive equipment
- Seating and positioning
- Scar management
- Home modification recommendations
- Family/caregiver training
- Patient/family education

Speech Therapy

- Treatment for head and neck articulation and swallowing disorders via oral motor pharyngeal exercises
- Cognitive remediation
- Dysphagia issues



Brookline Health Care Center
A Nursing and Rehabilitation Center

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416172

MOVIES FOR FILM LOVERS

Every Tuesday in March, the Senior Center will show a free film at 1:00 pm. The films are:



March 5 98 minutes
The Hedgehog (2009)

In French with English subtitles

Fed up with the world's hypocrisy, an 11-year-old makes plans to commit suicide on the eve of her 12th birthday. But an unlikely bond with her building's concierge and an older, elegant resident stands to alter her outlook on everything. Starring Josiane Balasko, Garance Le Guillermic, and Togo Igawa.



March 12 118 minutes
The Way We Were (1973)

Sociopolitical opposites attract in this wistful, Oscar-winning tearjerker about an outspoken political crusader named Katie Morosky (Barbra Streisand) who finds herself drawn to glib golden boy Hubbell Gardner (Robert Redford). Despite their differences, the improbable couple eventually ties the knot, but a move to Tinsel town and the firestorm surrounding the 1950s blacklist unravel the marriage.



March 19 150 minutes
Margaret (2011)

After witnessing a fatal bus crash, a young woman (Anna Paquin) comes to believe that she inadvertently played a part in the tragedy. As she tries to deal with her feelings, she becomes emotionally abusive to those around her, and to herself.



March 26 90 minutes
Keeping Score: MTT on Music (2005)

In this compelling documentary, prominent San Francisco Symphony conductor Michael Tilson Thomas discusses and demonstrates why he considers Tchaikovsky's Symphony no. 4 one of the greatest symphonic works ever composed. First, Thomas provides a thorough and discerning look at the four parts of the composition; then he leads the San Francisco Symphony in a brilliant performance of the piece.

LGBT

Join us over the next three months on **Thursday afternoons at 3:00 pm** for a series of documentary films examining Lesbian, Gay, Bisexual, and Transgender individuals' experiences within their communities and cultures.

March 21 84 minutes
Trembling Before G_d (2001)

Director Sandi Simcha DuBowski's feature-length documentary looks at gays and lesbians in Hasidic and Orthodox Judaism. Made over several years in New York, California, Israel, Britain, and Florida, the film follows the lives of some people struggling to express both their faith and their sexuality.

And two more films are coming:

- **April 18** *I Exist*
- **May 23** *Tongues Untied*

COUNCIL ON AGING MEETING

Stacey Greenspan, Certified Aging-in-Place Specialist and owner of Make It Safe, an organization that installs grab bars and make home modifications to help seniors remain safe and independent in their homes, will be the speaker at the **March 13** meeting of the Council on Aging board. He will speak on fall prevention in your home in a talk titled "Make It Home Safety." The meeting will be at **1:00 pm**, and everyone is welcome to attend.



MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, March 20, at 1:30 pm.**

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

MODERN DANCE AND MOVEMENT

Dance with instructor Lynn Modell on **Fridays, March 1, 8, 22, and 29 at 3:30 pm.** This is an excellent way to exercise and have fun at the same time. And for only \$2 per session.

And Lynn would like to invite dance enthusiasts to a performance of her Choreography Class on **Friday, March 15 at 3:30 pm** at Studio 1, Tappan Gym, Brookline High School. Students will present movement studies they have created since September.

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The performance will run about one hour and is free for seniors. Transportation from the Senior Center to the High School will be available. Call Julie at 617-730-2760 for more information and to register for transportation.



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NORFOLK COUNTY REGISTER OF DEEDS

On Monday, March 11, at 1:30 pm, Norfolk County Register of Deeds William P. O'Donnell will be a guest speaker at the Senior Center.

After O'Donnell speaks, he and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. Internet-ready computers will be on hand to print a recorded deed, confirm the status of a mortgage discharge, or check on any other filing.

For further information, contact the Registry at 781-461-6104 or at www.norfolkdeeds.org.

MASS COLLEGE OF PHARMACY WORKSHOP

If you want to learn about what can trigger allergy and asthma symptoms and about the medications used to treat allergies and if you also want to make sure you know how to properly use an inhaler. Well, come to this month's Mass College of Pharmacy Workshop at the Senior Center on **Thursday, March 21, at 1:00 pm** to find out and to breathe a sigh of relief!

ZUMBA GOLD



Get in shape and have fun doing so in this dynamic and effective fitness program. The spring season of Zumba Gold at the Senior Center will start with a **free introductory class on Thursday, March 21, at 1:30 pm. The full eight-week series will run on Thursdays from March 28 through May 30 (exception: no class on May 2), from 1:30 to 2:30 pm.** The cost for the full series of sessions is \$45, but drop-ins are always welcome at \$7 per session.

This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brookline Community Foundation.



SENIOR SCENE

On the current Senior Scene program, hostess Betty Joel has interviewed Stacy Greenspan, Certified Aging-in-Place Specialist and proprietor of Make It Safe, about getting a grip on fall prevention and generally making the home safe for aging-in-place successfully. Senior Scene airs on BATV on Thursdays at 7 pm and repeats on Fridays at 1 p.m. and Sundays at 7:30 pm.

In April, Senior Scene will take on the medical clinics at Hebrew SeniorLife's Centre Communities, and in May, giving up driving.

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SENIOR CENTER THEATER CLUB



The Glass Menagerie

Sunday, March 10 (2:00 pm) \$38

at The American Repertory Theatre
(ART) in Cambridge

Note: The reviews have been wonderful. Don't miss this. Call for tickets today.

While Amanda Wingfield desperately struggles to provide her fragile daughter with at least one "gentleman caller," her son, Tom, dreams of escaping from his job at a warehouse and his oppressive life at home. This is exquisite family drama filtered through Tom's memory.



Concert

Sunday, March 17 (3:00 pm) \$45

at Symphony Hall

Note: Sold out. Waiting list only.

Program: Mozart: Masonic Funeral Music, Mozart: Clarinet Concerto, Beethoven: Symphony No. 7.

Richard Egarr conducting with clarinet

**The Senior Center Theater Club
strives to bring you quality entertainment
at prices that don't tax your resources.**



Romeo and Juliet

Sunday, April 14 (1:30 pm) \$25

at the SENIOR CENTER

Arguably one of the greatest tragic love stories of all time. Revel in the story of young love foiled by an old feud between two families. And weep for the fate of teen love. And you don't even have to leave Brookline. Just come to the Senior Center for this great bargain

There will be a discussion period with the cast and refreshments after the performance.



Master Class

Saturday, April 20 (3:00 pm) \$40

at the New Repertory Theatre in Watertown

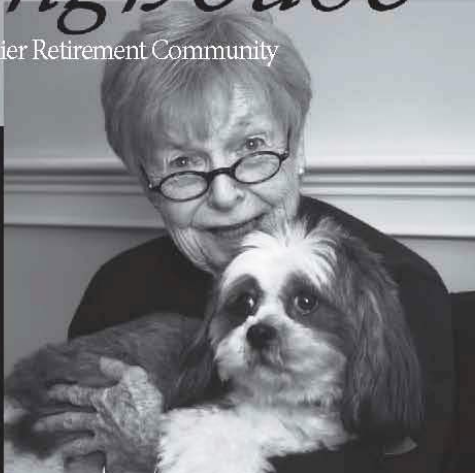
Terrence McNally's play gives an insightful look at the life and art of Maria Callas. Now in the twilight of her career, through a series of master classes, she reflects on her life, reliving theatrical, artistic, and painful intimate disappointments. The play explores the complexity of celebrity, ego, ambition, achievement—and ultimately, the loss of identity and self-worth while struggling to let go of the past.

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HEALTH AND FITNESS

My Life, My Health is designed for adults who are living with the challenges of one or more chronic conditions, or who are living with or caring for someone with a chronic condition. Participants in the six-week course will learn techniques to help take control of their health and life. To learn more about this free course, go to Goddard House for an information session on **Thursday, March 7, from 3:30 to 4:30 pm.**

The course will run on six consecutive **Tuesdays from March 19 through April 23 from 11:30 am to 2:00 pm.** To register for the information session and/or the course, call Melody Bushmich at 617-731-8500, ext. 152, or e-mail mbushmish@goddardhouse.org. This course has been

TUFTS  **Health Plan** funded by:

and  **springwell**

FOUNDATION

Meditation in Movement Join instructor Jennifer Winslow in this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center. The class will focus on gentle, simple movements that can, if done consistently, help to improve posture, balance, lung capacity, and overall joint health and movement. Fee: \$5/session.

Exercises for Health and Rejuvenation This new and exciting exercise class is now being offered at the Senior Center. On **Tuesdays from 2:00 to 3:00 pm**, enjoy “Exercises for Health and Rejuvenation” — simple movements based on principles of Chinese medicine that include tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone. Drop in and try it, you’ll like it.

In addition, check out the *National Public Health Week* doings on p. 10 and our *Zumba* sessions on p. 24 as well as the *BA&CE fitness* offerings on p. 27.



Bed, Breakfast & Beyond

Our new Bed, Breakfast and Beyond program lets Mom or Dad “try us out” for a few weeks in a furnished apartment at Goddard House Assisted Living in Brookline.

We’ll add warmth, social and stimulating activities, delicious meals in our elegant dining rooms, personal assistance and 24-hour staffing.

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SPRING CLASSES AT THE SENIOR CENTER

Brookline Adult & Community Education (BA&CE) has announced a slew of classes for the Spring semester that are *being given at the Senior Center*, which are fully explained in the BA&CE Spring 2013 catalog that is available for free virtually everywhere in Brookline and the surrounding towns and online at www.brooklineadulted.org. For more information, see the Spring catalog. To register, call 617-730-2700 or access www.brooklineadulted.org.



Among the Spring offerings is one Humanities class that starts in March:

Telling Your Story: Senior Seminar in Autobiographical Writing—Jean Kramer and Irving Schwartz, instructors. 8 Wednesdays from 10:15 to 11:45 am, beginning March 27. Fee: \$69. Course code: **H065**

Also available but starting in April are:
Literary Discussion Group: Spring Term
Reading the Bible: The Book of Ruth
Reading Tennessee Williams

Of course, there are Computer and New Technology courses for Spring. These are designed exclusively for seniors aged 60 or older. All of these courses begin in April and May and will therefore be more fully described in the April *Senior News and Events*. These classes are:

Introduction to Computer Basics for Seniors
Intermediate Computer Basics for Seniors
Introduction to the Internet for Seniors
Photo Editing with Picasa
Memories of a Lifetime: Creating a Computer Slideshow
Facebook for Seniors
Pinterest for Seniors
Introduction to Blogging for Seniors
iPhone Tutorial for Seniors
iPad Tutorial for Seniors

All of the tried and true yoga, tai chi, and exercise classes are also available for Spring. Those starting in March are:

Yoga for Older Adults—Steffi Shapiro, instructor. Chair class is 8 Tuesdays from 2:00 to 3:00 pm. Mat class is also 8 Tuesdays but from 3:00 to 4:00 pm. Both sections begin March 26. Fee: \$66. Course code: **W044**

Tai Chi for Seniors—Vincent Chu, instructor. 7 Fridays from 2:00 to 3:00 pm, beginning March 29. Fee: \$68. Course code: **W219**

Head-to-Toe Fitness for Seniors (90 minutes)—Sue Katz, instructor. Mondays and Wednesdays (meets two times a week for 8 weeks) from 8:45 to 10:15 am, beginning March 25. Fee: \$87. Course code: **D225**

Head-to-Toe Fitness for Seniors (60 minutes)—Sue Katz, instructor. Mondays and Wednesdays (meets two times a week for 8 weeks) from 10:30 to 11:30 am, beginning March 25. Fee: \$78. Course code: **D226**

Also available but starting in April or May are:
Zumba Gold®-Toning for Seniors
Balance and Strength for Seniors

And finally, there is one Fine Arts class being offered at the Senior Center:

Introduction to Watercolor—Anthony Riccardi, Instructor. 8 Mondays from 10:00 am to 12:30 pm, beginning March 25. Fee: \$147. Course code: **A002**

	
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INCOME TAXES

Once again, we face the inevitability of filing income taxes. And once again help is available at the Senior Center courtesy of the AARP tax prep service. Our intrepid preparers will be here **on Tuesdays in March**. Since this service is extremely popular sign up as soon as possible so as to not miss out. To make an appointment, call 617-730-2777. If there are no more appointments available at the Senior Center, try:

Allston/Brighton APAC (617-783-1485)
Provides free tax preparation assistance to low-income individuals. Appointments needed.

AARP TAX-AIDE PROGRAM (888-227-7669)
www.aarp.org/money/taxaide
Contact AARP directly to locate sites outside the Brookline area that offer free tax preparation assistance. In-home assistance *may* be available to certain homebound individuals who are unable to travel to an identified site.

COMMUNITY TAX AID OF BOSTON
www.ctaboston.org

This organization provides free tax preparation assistance to low-income individuals who meet income eligibility guidelines. Services are provided in conjunction with Northeastern University's College of Business Administration.

H&R BLOCK 247 Harvard Street, Brookline
(617-738-0209)

It offers tax preparation services for a fee. The Brookline location listed here is a seasonal office that is only open during tax season.

OR

H&R BLOCK CUSTOMER SUPPORT LINE
(800-472-5625)

You can contact this number to find other local H&R Block offices that are open all year.

COMPUTER SOFTWARE There are many income tax preparation programs for use on your home computer that allow you to fill out your income tax forms without *any* outside

assistance. Programs such as *TurboTax* and *Tax Cut* are updated yearly to reflect current tax law changes and are often the same programs that tax preparers themselves use when they are completing your returns.

You can also get answers to your questions and other useful information from the FEDERAL tax information line at 800-829-1040 and the STATE tax information line at 800-392-6089.

THE CIRCUIT BREAKER

The Circuit Breaker is a refundable tax credit for eligible seniors age 65 or older whose property tax payments exceed 10% of their annual income. Those who qualify will need to pay their property taxes, but they will receive a dollar credit for every dollar that their property tax and water/sewer bill exceed 10% of their income, up to a maximum of \$980.

The program is not just for home owners; renters can take full advantage of the credit if 25% of their annual rent exceeds 10% of their annual income.

Eligibility requirements: 1) You must be a Massachusetts resident age 65 or older. 2) You must own or rent residential property in Massachusetts as a primary residence. 3) Your annual income **cannot exceed** \$52,000 for a single person, \$65,000 for a head of household, or \$78,000 for joint filers.

You are not eligible if you 1) are married but don't file jointly for this credit, 2) are a dependent of another tax filer, 3) receive a federal or state rent subsidy directly or live in a property-tax-exempt facility, or 4) own property that is assessed at a value of \$729,000 or more.

TAX EXEMPTIONS

Once more tax time is approaching so Sandy Spector will be at the Senior Center on **Mondays, March 4 and 11, from 11:15 am to 1:00 pm**, to offer tax exemption information for seniors.

MBTA SENIOR ACCESS PASSES

The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and an event is now planned for **Wednesday, March 27, from 1:00 to 3:00 pm.**

If you need a first-time card and cannot attend the March 27 event at the Senior Center, go to the MBTA CharlieCard Store. You are eligible to get a Senior Access CharlieCard if you are 65 or will be 65 within two months. Whether you attend the event at the Senior Center or go to the CharlieCard Store, you will need to bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to CharlieCard Store or call 617-222-3200 to renew. If you go to the store in person, you will be able to get the card while you wait. If you renew by telephone or at the Senior Center event, the new card will be sent to you in two to six weeks.

ONE-ON-ONE COMPUTER SESSIONS

If you are computer phobic but eager to overcome it, call 617-730-2777 and make an appointment to get help with basic computer skills and looking up, and applying for, benefits online. If you have questions, call Olga Sliwa at 617-730-2768. Preregistration is required.

Sessions are being held **on Monday mornings in March.** Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment and that repeaters are limited to two sessions per month. Also note that we now have trainers available for both PCs and MACs.

NUTRITION TALK

March is Nutrition Month and Springwell—a private, nonprofit agency which provides, among its many services, the Senior Center nutrition program (see March menus on pp. 16-17)—is sponsoring “Super Foods for Seniors,” a talk by Meghan Ostrander, RD, on **Thursday, March 14 at 12:30 pm.** Ms. Ostrander will speak about nutrition and chronic disease prevention.

She will expand on such buzz words as “free radicals” and “antioxidants” and will have much to say about which super foods can help seniors get and stay healthy. Plan to come with curiosity and questions.

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THANK YOU

The Senior Center depends on donations to its nonprofit organization for much of our programming, activities, and physical plant. Each month, we thank the donors on this page. Note, however, that our press time does not allow us to give list all the contributions to the end of the month. We will list all contributions so your end-of-month donations, if they come in after the third week in the month, will be listed in the following month's *Thank You* column. That said, we thank February donors:

Annual appeal Donors Arnold & Leila Abelow, Bernice F. Epstein, Paul & Patty Levi, Louise Lonabocker, Christine McArdle, Mildred Siegel, A. Anthony Tappe, and Waneta Louise West

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To Ruthann Dobek for her gift in memory of Diana Kaplan

To Ruthann Dobek, Elaine Langenthal, and Sonia & William Wong for their gifts in memory of Beatrice Boyd Crews

To Senior Stretch Class at the Brookline Senior Center for their gift in memory of Peter Elefterakis

FROM THE BOARD PRESIDENT

Announcing a Major Milestone: At the end of 2012, the Senior Center reached a major milestone—our endowment reached \$1 million. An endowment helps ensure the future of the organization by providing a future income stream and needed reserves. It took us 11 years to reach our first million. Our new goal is to double our endowment by 2018. We hope you'll be part of that. You can contribute directly or put the Brookline Senior Center in your will. If you do, let us know, so we can include you in our Legacy Society.

Your gifts to the Senior Center is well-used through our many programs that help keep the Brookline senior community stay healthy, active, and informed. In fact, without your gifts, the Senior Center would find it very difficult to maintain our high standard of our programming and services.

*I, the board, and the entire Senior Center family thank you!
Elizabeth (Betsy) Pollock, President, Senior Center Board*

SUPPORT THE SENIOR CENTER

Help support the Senior Center and the many programs and services it offers. You can honor Brookline's seniors and help them age with respect and dignity by sending a gift:

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500

Other: \$ _____

My donation is ☐ in honor of ☐ in memory of:

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☐ My employer will match my gift.

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I would like to ☐ subscribe ☐ renew my subscription to the *Senior News and Events*. My check for \$10 for a one-year subscription is attached.

(DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.)

Name(s): _____

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Please make your checks payable to
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To pay securely online by credit card, go to
<http://www1.networkforgood.org/for-donors#>.
Ender "Brookline Senior Center" after "Charity
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4 turnips peeled and quartered
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3 parsnips peeled and diced
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2 rutabagas cut in half
3 large onions cut in rounds
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